

Effect of Sleep Hygiene Education Program on Sleep Problems in Shift Work Nurses

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Objectives

Sleep Condition of Nurses is important because it could effect on providing health care services by them .The purpose of this study was to evaluate the effect of sleep hygiene education program on insomnia, daytime sleepiness and sleep quality in shift work nurses.

Methods

This study was conducted on nurses working in university-related hospi-

tals of Qazvin, during 2013. Demographic variables including age, sex, education level, weight, height, work experience, shift numbers, shift hours were collected. Information about insomnia, daytime sleepiness and sleep quality were gathered by standardized questionnaire. One hundred nurses with insomnia were chosen. Sleep hygiene education program (4 hours of education) was conducted for 50 nurses, randomly. After one month sleep questionnaires completed from nurses again and compared with basement data. Also, comparison was conducted between intervention and control groups by student t-test, SPSS software version 19.

Results

Mean age of nurses was 29.8 ± 3.2 . Mean hours of work per month was 237.2 ± 12.9 . Comparison between intervention and control groups displayed significant improvement of insomnia, daytime sleepiness and sleep quality after sleep hygiene education in intervention group ($P\text{-value} < 0.05$).

Conclusions

According to this study, sleep hygiene education could improve shift work sleep disorders in shift work nurses.